

Education and Training Resources

Resource Name	Contact	Phone Number	Additional Info
American Red Cross	Receptionist	(909) 888-1481	Call for location & Cost Info
CPR First Aid Nurses Assistant			www.arcinlandempire.org
Arrowhead Regional Medical Center	Salam Stefanos	(909) 580-2538	Call for Location & Cost Info
Smoking Cessation Diabetes Support Healthy Heart Cancer Support			www.arrowheadmedcenter.org
Alzheimer's Association	Sergio Calderon	(909) 944-9680	Call for Location & Cost Info
Dementia Classes Alzheimer's Disease Caregiver Trainings End of Life Memory Disorder Memory and Aging Counseling Safe Return Program Support Groups Respite (High Dessert)			
24 Help Line		(800) 272-3900	www.alz.org/californiasouthland/
Cooperative Extension	Clara Wilshire	(909) 387-2188	Call for Location & Cost Info
			Low Income Only
Food Pyramid Food Buying			chwilshire@ucdavis.edu

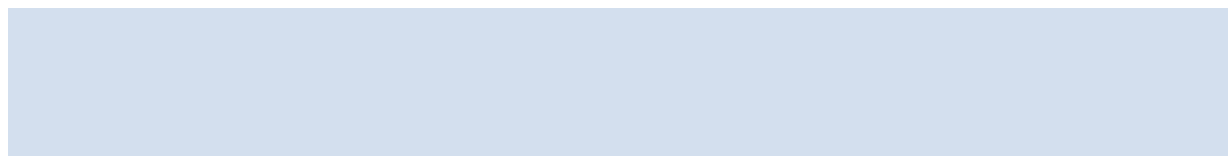
ROP	Receptionist	(909) 386-2461	Call for Location & Cost Info
Nurses Assistant Various Trainings			www.rop.cc

SB Community Hospital		(909) 887-6333 ext. 4734	Call for Location & Cost Info
Diabetes Healthy Heart Weight Loss			
Freedom from Smoking			
Parenting Asthma Low Cost Eating Childbirth Ed. Safe Sitter			

Inland Caregiver Resource Center	Receptionist	(800) 675-6694	Call for Location & Cost Info
Mastering Caregiving			
Positive Caregiving			
Celebrating Family Caregivers			
Huntington's Disease Support			
Head Injury Support			www.inlandcaregivers.com

Desert Valley Medical		(760) 955-9355	Call for Location & Cost Info
Heart Smart CPR First Aid Diabetes			

Rolling Start Independent Living Center	Receptionist	(909) 884-2129	Call for Location & Cost Info
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San Bernardino Adult School	Receptionist	(909) 388-6000	Call for Location & Cost Info
CNA Home Health Aide Medical Assistant			
San Bernardino County 211		211	Call 211 from any location for resources
Get Connected/Get Answers			